



# Safety Sense



## Workout Safety Tips

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Are you one of the millions of Americans vowing to get in shape this year? If so, good for you! However, before you jump into a new fitness routine, there are a few things you should know in order to safely help you reach your goals.

**Start slow:** Too often, people will start their exercise programs with long, intense exercise and then experience soreness or injuries right away. Make small goals, such as doing a routine for 20-30 minutes, and gradually work your way up.

**Ask for a spot:** If you are lifting a large amount of weight, ask for a spot, especially with the heavier lifts such as squatting or bench press.

**Consider working with a personal trainer:** If you're not familiar with fitness routines, find someone who is. Many gyms offer sessions with certified personal trainers who can help develop an exercise program that's right for you. If anything, most people know someone who can provide guidance, don't be afraid to ask for help.

**Always warm up and cool down:** Warm up for at least 5 to 10 minutes (or longer if you have special considerations) before any physical activity and cool down at least 5 to 10 minutes at the end of your activity. Walking or jogging can be a great warm up and stretching

**Avoid overuse injuries by mixing it up:** Don't stick to just one machine or one exercise. If you're focusing on cardio, alternate

between the treadmill, elliptical, bike, etc. This allows you to work various muscle groups and gives your joints a break, which can help prevent overuse injuries such as shin splints or stress fractures.



**NGB Equal Opportunity**

**Hotline number:**

**800-371-0617**

**Need to talk?**

Support for sexual assault survivors in the military

[safehelpline.org](http://safehelpline.org) | 877-995-5247



## Cold Weather Injury Prevention

With winter settling in necessary precautions to prevent and treat cold-related injuries must be taken. Soldiers that commonly work outdoors, such as construction, agricultural or utility workers, are among the most vulnerable for cold-related injuries. Prolonged exposure to freezing or cold temperatures may cause serious injuries such as trench foot, frostbite, and hypothermia. Use the following tips in order to prevent cold weather injuries this winter:

### Injuries

- Chilblain- Appears as red, swollen skin which is tender, hot to the touch and may itch.
- Frostbite- localized damage is caused to skin and other tissues due to freezing
- Hypothermia- reduced body temperature that happens when a body dissipates more heat than it absorbs. In humans, it is defined as a body core temperature below 95.0 °F



### Nutrition tips

- Eat plenty of food to help maintain your body heat. Carry high-calorie foods, such as candy bars and trail mix, when going out in cold weather.
- Drink plenty of water. Carry extra water with you and drink it hourly.
- The term “liquor coat” is a myth. **Do not drink alcoholic beverages while out in the cold.** Alcohol:
  - Interferes with your body's ability to regulate body temperature.
  - Affects judgment. For example, a person may not put on more clothing when it is needed if his or her judgment is changed by alcohol.
  - Can cause blood vessels in your skin to dilate. This increases heat loss.
  - Reduces your ability to sense cold because it depresses the nervous system.
- Do not use caffeine or tobacco while in the cold. Nicotine and caffeine cause narrowing of the blood vessels in the hands and feet. When blood vessels are narrowed, less blood flows to these areas, causing the hands and feet to feel cold.

### Clothing tips

- Wear proper clothing and shoes. Keep extra protective clothing and blankets in your car in case of a breakdown in an isolated area. Know the different ways in which the body loses heat so you can protect yourself from cold exposure.
- Keep your hands and feet dry. Wear mittens instead of gloves. Wear socks that retain warmth and keep moisture away from your skin.
- Protect your eyes from cold and wind by wearing glasses or goggles if you are planning outdoor activities.





# HERE IT COMES

## **Frontal Collisions**

In a collision, you can't escape the laws of physics. Always leave room to maneuver.

# READY ...OR NOT?

**Ready ... or Not** is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their readiness for what lies ahead - both the known and unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?



<https://safety.army.mil>